

Two Authors on the Topic of Cancer and Food**Variety Gives Life**

Every weekend in the Fall, I look forward to exploring my local farmer's market for beautiful, fresh autumn vegetables and fruits. The variety is dazzling: Purple eggplants, bell peppers, beets by the bunch, fresh Silver Queen corn, sweet potatoes, and all kinds of squash are sure to make it into my basket. I often need a second basket for the apples, pears and melons. I know that a bigger variety of produce in my meals means more protection from cancer.

—Marilyn Gentry

About the Author The passage above appeared in the Fall 2005 *Newsletter on Diet, Nutrition and Cancer Prevention*. The newsletter is published by the American Institute for Cancer Research, a nonprofit organization. Gentry is the newsletter's editor.

The Myth of the Disease-Free Diet

The diet messages are everywhere: the National Cancer Institute has an "Eat 5 to 9 a Day for Better Health" program, the numbers referring to servings of fruits and vegetables. . . .

Yet despite the often adamant advice, scientists say they really do not know whether dietary changes will make a difference. . . .

Most of the proposed dietary changes are unlikely to be harmful—less meat, more fish, more fruits and vegetables and less fat. And these changes in diet may help protect against heart disease, even if they have no effect on cancer.

So should people who are worried about cancer be told to follow these guidelines anyway, because they may work and will probably not hurt? Or should the people be told that the evidence just is not there, so they should not deceive themselves?

—Gina Kolata

About the Author The passage above is from an article published in the *New York Times* in September 2005. Kolata is a science reporter for that newspaper.